



# Self Confidence

“Believe In Yourself And  
Develop the Yes I Can  
Attitude.”



	Wk 1	Wk 2	Wk 3	Wk 4
Sun				
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				

## Quest Challenge

**Write something positive  
everyday for 30 days.**

Something that went well for you yesterday, even something small. Tell your family members about it and start the day on a positive note

It's very easy to focus on the negative things and not the victory's and give ourselves the credit when we do something positive.

Having a healthy positive focus and mindset is very important.

This is a great habit to have.

It will change the way you react to the world and increase your confidence levels.

Now go forth.....And Remember **the Power is within you.**